

Join this WebEx Class in the Comfort and Safety of Your Own Home!

Powerful Tools FOR Caregivers

The Powerful Tools for Caregivers (PTC) series is comprised of 90-minute classes offering supportive environment covering a comprehensive array of topics and self-care tools designed to help:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions
- better understand dementia

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

Our goal is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training and resources.

COURTESY OF
 Howard County Office on
Aging and Independence
Department of Community Resources and Services

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

- Materials and access to the class will be provided prior to start date.
- Classes are taught via WebEx format; computer and internet access required.
- Enjoy this educational opportunity in the comfort of your own home.



An **ONLINE** Program for Your Health and Safety!
WINTER 2021

PTC is Now Offering a **SPECIAL** Bonus
Class to Better Understand Dementia:
SESSION ZERO

January 13 THRU **February 24**
6:00 TO 7:30 pm

SEVEN CONSECUTIVE WEDNESDAYS

If you are a caregiver, we encourage you to register for this
dynamic self-care program. We are here to help you!

There is NO CHARGE to attend these self-care classes!

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov